

## COMMODITY DISTRIBUTION Fact Sheet

**Name:** Celery Sticks

**Product Description:**

Good-quality celery should have even-colored, unblemished and smoothed-skinned stalks. Contrary to popular belief, light green stalks taste better than those that are dark green.

**Peak Growing Season:**

Celery is grown all year in California; however, the peak season is October through December.

**Uses:**

Celery sticks are ideal in sack lunches, on trays, or in salad bars. They are great for dipping in sauces such as Ranch dressing.

**Preparation:**

None

**Storage:**

Celery should be stored at 32-35 degrees Fahrenheit, with a relative humidity of 90 to 95 percent.

**Best if Used By:**

Unopened packages can last from ten to fourteen days, opened packages should be consumed within two to three days.

**Nutrition Facts:**

A 1/2-cup serving of celery provides:

Calories	10	Iron	0.24 mg
Protein	0.45 g	Calcium	24 mg
Carbohydrate	2.19 g	Sodium	52 mg
Fat	0.0 g	Dietary Fiber	1.02 g
Saturated Fat	0.0 gm	Vitamin A	8 RE
Cholesterol	0.0 mg	Vitamin C	4.2 mg

**Source of Information:**

[www.produceoasis.com](http://www.produceoasis.com)

[www.readypacproduce.com](http://www.readypacproduce.com)

NutriKids software